

# Aquatics Drop-In Schedule

Hyde Creek Recreation Centre



## Main Pool (Public and Length Swim)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>General Hours</b> 6am - 10pm	<b>General Hours</b> 6am - 10pm	<b>General Hours</b> 6am - 10pm	<b>General Hours</b> 6 am - 10pm	<b>General Hours</b> 6am - 10pm	<b>General Hours</b> 8am - 9pm	<b>General Hours</b> 8am - 9pm
<b>Length / Exercise</b>  6 - 10am (5 Lanes Lengths/ 1 Lanes Exercise)	<b>Length / Exercise</b>  6 - 7:45am (5 Lanes Lengths/ 1 Lanes Exercise)	<b>Length / Exercise</b>  6 - 10am (5 Lanes Lengths/ 1 Lanes Exercise)	<b>Length / Exercise</b>  6 - 7:45am (5 Lanes Lengths/ 1 Lanes Exercise)	<b>Length / Exercise</b>  6am - 10am (5 Lanes Lengths/ 1 Lanes Exercise)	<b>Length / Exercise</b>  8 - 10am (5 Lanes Lengths/ 1 Lanes Exercise)	<b>Length / Exercise</b>  8 - 10am (5 Lanes Lengths/ 1 Lanes Exercise)
<b>Length / Exercise</b> 10am - 1pm (4 Lanes Lengths/ 2 Lanes Exercise)	<b>Length / AQ Fit</b> 8 - 9am (5 Lanes AQ Fit/ 1 Lane Lengths)	<b>Length / Exercise</b> 10am - 1pm (4 Lanes Lengths/ 2 Lanes Exercise)	<b>Length / AQ Fit</b> 8 - 9am (5 Lanes AQ Fit/ 1 Lane Lengths)	<b>Length / Exercise</b> 10am - 11:30am (4 Lanes Lengths/ 2 Lanes Exercise)	<b>10 - 12pm</b> <b>Closed for</b> <b>Lessons</b>	<b>10 - 12pm</b> <b>Closed for</b> <b>Lessons</b>
<b>Length / Public</b> 1-1:30pm (1 Lane Length)	<b>9 - 10:30am</b> <b>Closed for</b> <b>AQ Fit</b>	<b>Length / Public</b> 1 - 1:30pm (1 Lane Length)	<b>9 - 10:30am</b> <b>Closed for</b> <b>AQ Fit</b>	<b>Length / Public /</b> <b>Lessons</b>  11:30 - 1pm (2 Lane Length)	<b>Public / User</b> <b>Groups / Lessons</b>  12 - 3:30pm (2 Lanes Public)	<b>Public / User</b> <b>Groups / Lessons</b>  12 - 3:30pm (2 Lanes Public)
<b>Length / AQ Fit</b> 1:30 - 2:30pm (5 Lanes AQ Fit/ 1 Lane Lengths)	<b>Length / Exercise</b> 10:30am - 1pm (4 Lanes Lengths/ 2 Lanes Exercise)	<b>Length / AQ Fit</b> 1:30 - 2:30pm (5 Lanes AQ Fit/ 1 Lane Lengths)	<b>Length / Exercise</b> 10:30am - 1pm (3 Lanes Lengths/ 1 Lanes Exercise)	<b>Length / Public /</b> <b>Lessons</b>  1 - 4pm (1 Lane Length)	<b>Length / Public /</b> <b>Lessons</b>  3:30 - 6pm (1 Lane Length/ 3 Lanes Public)	<b>Length / Public /</b> <b>Lessons</b>  3:30 - 6pm (1 Lane Length/ 3 Lanes Public)
<b>Length / Public</b> 2:30-3:30pm (1 Lane Length)	<b>Length / Public /</b> <b>School Swim</b>  1 - 3:45pm (2 Lane Length)	<b>Length / Public</b> 2:30-3:30pm (1 Lane Length)	<b>Length / Public /</b> <b>School Swim</b>  1 - 4pm (2 Lane Length)	<b>4- 5:30pm</b> <b>Closed for</b> <b>Lessons and</b> <b>User Groups</b>	<b>Public</b>  6 - 7:30pm (4 Lanes Public)	<b>Public</b>  6 - 7:30pm (4 Lanes Public)
<b>3:30-7pm</b> <b>Closed for</b> <b>Lessons and</b> <b>User Groups</b>	<b>4 - 7:30pm</b> <b>Closed for</b> <b>Lessons and User</b> <b>Groups</b>	<b>3:30 - 7pm</b> <b>Closed for</b> <b>Lessons and</b> <b>User Groups</b>	<b>4 - 7pm</b> <b>Closed for</b> <b>Lessons and User</b> <b>Groups</b>	<b>Public</b>  5:30 - 7:30pm (2 Lanes Public)	<b>Length / Public</b>  7:30 - 9pm (2 Lanes Lengths/ 4 Lane Public)	<b>Lengths / Public</b>  7:30 - 9pm (2 Lane Length/ 2 Lanes Public)
<b>Length / Public</b> 7 - 10pm (2 Lane Lengths)	<b>Length / Public</b> 7:30 - 10pm (2 Lane Length) *Public starts at 8pm	<b>Length / AQ Fit</b> 7 - 8pm (1 Lanes Lengths)	<b>Length / Public</b> 7 - 10pm (2 Lane Length) *Public starts at 7:15pm	<b>Length / Public</b> 7:30 - 10pm (1 Lane Length)		
		<b>Length / Public</b> 8 - 10pm (2 Lanes Lengths/ 4 Lane Public)				



# Aquatics Drop-In Schedule

Hyde Creek Recreation Centre



## Leisure Pool (inclusive of hot areas)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
General Hours 6am - 10pm	General Hours 6am - 10pm	General Hours 6am - 10pm	General Hours 6am - 10pm	General Hours 6am - 10pm	General Hours 8am - 9pm	General Hours 8am - 9pm
Public 6:00-9:30am	Public / Programs 6:00-9:00am	Public 6:00-9:30am	Public / Programs 6:00-11:00am	Public 6am - 9:30am	Public 8 - 10am	Public 8 - 10am
Public/Lessons 9:30-11:15am	Public 9:00am-1:00pm	Public/Lessons 9:30-11:30am	Public 11:00am-1:00pm	Public / Lessons 9:30am - 11:30am	10 - 12pm Closed for Lessons	10 - 12pm Closed for Lessons
Public 11:15am-3:30pm	Public/School Swim 1:00-3:00pm	Public 11:30am-3:30pm	Public/School Swim 1:00-3:00pm	Public 11:30 am - 3:00pm	Public 12 - 9pm	Public 12 - 9pm
3:30-5:30pm Closed for Lessons	Public/User Group/ Lessons 3:00-7:30pm	3:30-5:30pm Closed for Lessons	Public/User Group/ Lessons 3:00-7:30pm	Public/User Group/ Lessons 3:00-7:30pm		
Public 5:30-10:00pm	Public 7:30-10:00pm	Public 5:30-10:00pm	Public 7:30-10:00pm	Public 7:30-10:00pm		

## Aqua Fit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Running (Lap Pool) 1:30 - 2:30pm  With Sonia	Light Fit (lap pool) 8:10 - 9:10am  With Sonia		Shallow / Deep Fit (lap pool) 8:10-9:10am  With Sonia			
	Shallow / Deep Fit (lap pool) 9:20 - 10:20am  With Sonia	Water Running (Lap Pool) 1:30 - 2:30pm  With Sonia	Shallow / Deep Fit (lap pool) 9:20 - 10:20am  With Sonia			
		Shallow / Deep Fit (lap pool) 7:00 - 8:00pm  With Nancy				

